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Cheese Is a Change...

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GIRLS' 4-H CLUBS

Club Work Is Glorifying the Iowa Farm Girl

Edited by Clara Austin



Campus 4-H'ers to Meet

At last the 4-H boys and girls on the Iowa State College campus will have a real opportunity to meet one another and to become acquainted.

The first party of the two campus 4-H organizations will be held at the Y. M. C. A., Friday, November 20th. Let's make this first party a real, true 4-H gathering with all the 4-H spirit of Iowa club members. Have the college 4-H members forgotten their old 4-H loyalty and spirit?

4-H Is on the Air

On November 7th, Iowa 4-H boys and girls were on the air! One-half hour of the National Farm and Home Hour was given to the 4-H clubs.

Iowa's program which was broadcast over WHO, Des Moines, was announced by R. K. Bliss, director of the Extension Service at Iowa State College.

Willard Latham, Franklin County, state secretary of the Boys' 4-H clubs, who is now a freshman at Iowa State College, explained how 4-H work has helped him in his college work. Dr. Daniel Glomset, Des Moines physician who has been in charge of the State Health Contest, told what a professional man thinks of 4-H club work. Impressions of National Club Camp were given by Edith Blood, Polk County, one of Iowa's delegates to the Washington camp. Gertrude McDonald, president of the state girls' organization, explained the 4-H's as interpreted by the girls' 4-H clubs, and Marjorie Thirer, a junior at Iowa State College, gave the Country Girls' Creed. 4-H songs were sung by Mabel Nutting, Warren County, and Clifford Johnson, Shelby County.

Will Go to Chicago

Each year Iowa sends twenty-five 4-H club girls to the National Club Congress which is held in connection with the International Livestock Exposition in Chicago. Fifteen of these champions were picked at the State Fair in August but

the other ten won their trips on the basis of their record books which have fairly swamped the State Club office during the last four weeks.

The grand champion demonstration team of 1931, which was also champion clothing team is Merle Oleson and Audrey Spenser of Woodbury County, the champion canning team, Ruth Stewart and Ruth Speidel of Washington County, champion bread team, Lucy Davidson and Margaret Bolibaugh, Mahaska County, and champion home furnishing team, Margaret Ralph and Jeanne Strohmeier of Sac County.

The champion judging team, Mary Michel and Reva Nelson of Linn County, the style show girls, Edith Nelson of Wright County; the girl with the best personal account, Aletha Paul, Muscatine County; the girl with the best journalism record book, Ruth Blanchard, Marshall County; and Helen Lenth, Clayton County, best forestry record, also won trips to Chicago.

Iowa's champion health girl, Clarice Torkelson of Story County will not be allowed to compete in the national health contest because she won a trip to Chicago on a demonstration team last year. Iowa will be represented in the national contest by Martha Ann Isaacs, Johnson County, who was second-high scoring girl in the state health contest.

The long-time record book contests were won by the following girls: two year record, Frances Kearns, Webster County; three year record, Helen Byrne, Webster County; four year record, Martha Blankenhorn, Louisa County; five year record, Mary Caroline Gisch, Kosuth County; six year record, Frances Byrne, Webster County; seven year record, Gertrude McDonald, Monroe County; eight year record, Eva Van Buskirk, Woodbury County; nine year record, Jeanette DePrenger, Mahaska County; winner of Moses Contest, Jessie Hinde, Sac County; Lipton contest, Margaret Puls, Muscatine County.

Cheese Is a Change . . .

By Thelma Carlson

SOME of us count the calories, some of us watch the vitamins, some of us estimate the minerals, but all of us are conscious of the variety in our menus. The juicy steak which we expected to be greeted with the glad exclamation of "Ah!" turns out to be only, "Ah—beefsteak again! I'm so tired of that." It's just a case of where the customer can't be fooled.

Cheese has been found to be a good food to add variety to the diet. Not only are there many kinds of cheese, but there are many uses for it in the diet. It may be used as the main or "staying" dish in a meal. It may be toasted on bread or crackers. In souffles and rarebits it is a combination with milk and eggs. It is often combined with a starchy food, such as rice, potatoes, spaghetti, macaroni, vermicelli and dry bread. Salads and sandwiches may be made from cottage cheese.

In left-overs it is used as seasoning for many scalloped dishes, such as cauliflower and potatoes. Hard cheeses may be softened by adding cream to them after grating.

Cheese is a cheap source of protein. It is a good means of adding to the nutritive value of our diets, for it furnishes lime, phosphorus and vitamins. Of course, the composition varies with the different kinds of cheeses due to the kind of milk used and the form of curing employed.

Cheeses fall roughly into three classes. There are the hard, the semi-hard and the soft. The hard cheeses are firm enough to be sliced or grated. If they are grated they may be used in salad dressings, in soups or as garnishes. Examples of the hard cheeses are cheddar, Edam, Swiss, Parmesan and pineapple.

The semi-hard cheeses take in the brick, Gorgonzola, Roquefort and Stilton. These are firm enough to cut, but soft enough to spread. They are usually used for serving on the table.

The soft cheeses may be subdivided into the ripened and the unripened. The ripened takes in Brie, Camembert and Limburger, while cottage and cream cheeses come under the unripened. These

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The Business of Play

(Continued from page 7)

with industry and transportation, such as trucks, cranes, boats and trains.

The climax of absurdity in playthings is the toy that does all the work while the child does nothing. This does not

mean that all mechanical toys are banned. Consider, for instance, the electric train.

A child old enough to run this may use it as a basis of very constructive play. But the younger child will find more real enjoyment in a set of brightly painted wooden trains.

Educators stress the importance of supplying children of all ages with such raw materials as modeling clay, paints, crayons, scissors, tools, erector sets and art and craft material.

Blocks stand at the head of the list of desirable materials for young children; not tiny blocks, but, if possible, big, solid, wooden blocks.

In choosing other forms of constructive material, educators urge us to be sure they are suited to the child's age and capacity.

In buying games and puzzles, especially for the older child, the toy departments offer all kinds of interesting material. Most of the boxed games are suitable if correctly chosen on the basis of age and capacity. For little children, animal rubber stamp sets are interesting, so are jig-saw puzzles, provided they have large parts and are fairly easy yet not too simple for the child to put together.

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Cheese Is a Change

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cheeses are used chiefly for sandwiches and salads.

In many cases in using cheese in our menus we find it necessary to soften the cheese. This must be done at a low temperature. When it is heated at a high temperature the fat and protein separate. The fat goes to the top and the cheese becomes tough, gummy and indigestible due to the evaporation of water. To avoid this the cheese should be cut up in small pieces so that it will heat quickly. Cheese and milk blend at a comparatively low temperature (42 degrees). This is the temperature at which the fat melts, and if heated to a higher temperature it will decompose.

Iowa State Is Hostess

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Iowa, chairman of publicity; and Ella Gertrude McMullen, Iowa State College, chairman of membership.

The remainder of the afternoon was taken up with talks by some of the Iowa State Home Economics faculty on the opportunities in their respective fields, and by round table discussions of the high school and college club problems.

A tea, held in the Institutional Tea Room, closed the convention late in the afternoon.